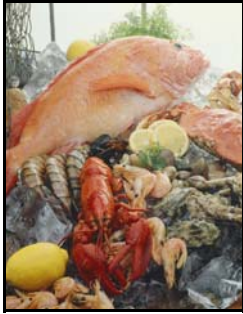


National Fish Advisory



The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising women who are pregnant or may become pregnant, nursing mothers, and young children to avoid eating fish that contain high levels of mercury, such as:

- shark
- swordfish
- king mackerel
- tilefish

Up to 12 ounces (2 average meals) a week of a variety of fish and shellfish can be eaten. The most commonly eaten fish that are low in mercury are:

- shrimp
- canned light tuna
- salmon
- pollock
- catfish.

Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. Up to 6 ounces (one average meal) of albacore tuna can be eaten per week.

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Warning: Fish Advisory for Mercury in Brown Trout from Mill Creek



Grand County, Utah

August 2005

Mill Creek

Mill Creek is located in Grand County, Utah. Mill Creek runs from the La Sal Mountains through the heart of Moab, Utah. A two mile long pathway runs along side the creek.



Elevated levels of mercury have been found in brown trout from Mill Creek.

How Much Is Safe?

Due to elevated levels of mercury found in **brown trout** from Mill Creek, Utah Public Health Officials recommend the following guidelines:

- **Adults eat no more than three 8-ounce servings of brown trout per month.**
- **Pregnant women, nursing mothers, and children should eat no more than one 4-ounce serving of brown trout per month (A 4-ounce serving of fish is approximately the size of a deck of cards.)**



What is Mercury

Mercury occurs naturally in the environment and can also be released into the air through industrial pollution. Once released into the air mercury can travel long distances and can build up in bodies of water. Fish absorb the mercury as they feed. Over time the amount of mercury in fish builds up. Mercury builds up more in some types of fish and shellfish than others, depending on what the fish eat.

Remember...

Pregnant women, nursing mothers, and children should eat no more than one 4-ounce serving of brown trout per month.

Can Mercury Make Me Sick?

Mercury found in fish will not make you sick right away. Eating too much fish containing mercury can harm your nervous system. Young children, unborn and breast-fed babies have a higher risk of injury from mercury since their nervous systems are still forming.

Did You Know?

Preparation techniques such as cooking, smoking, curing, and freezing DO NOT reduce the health hazards from mercury in fish.

What are the benefits of eating fish?

Fish provide a high protein, low fat diet which is low in saturated fats. Fish may have substantial health benefits when they replace a high fat source of protein in the diet.

The American Heart Association recommends two servings of fish per week as part of a healthy diet.

